

NETBALL





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- We aim to develop both physical and mental capacities of members in order to put up a strong fight until the final whistle of every game. This is achieved through a holistic training programme that focuses on two main areas:
 - techniques and strategies of competitive play
 - cultivation of good character in sports, both on and off the court.
- Weekly training sessions are conducted on Mondays and Wednesdays.



Reflection by Jayna Lee, Class 3E

“Netball has helped me to discover my interests and strengths by giving me many opportunities to explore. It taught me many values, such as integrity and respect. Netball pushed me to my greatest limits and I feel more confident and motivated to strive forward.”

Jayna Lee, ‘B’ division Captain



Reflection by Endrey Chow, Class 3N2

“During my experience in Netball, I learnt that teamwork is essential and plays a huge role as Netball is a team game. Communication between team members is important as we have to communicate often and clearly to get the ball to the other side of the court. This CCA has taught me to be resilient and not give up. Although training sessions may be very tough and tiring, the joy that comes after competitions makes everything worth it. This CCA has made me realise that everyone is important and plays a huge role in the team.”

Endrey Chow, 'B' division Vice-captain

